

**TSW FORMAT**  
for  
**INFORMATION GATHERING**  
"Ideas that Work"

**Type of Project:** Twelfth-Step-Within Day

**Project Name:** Keep It Simple...Ideas for Twelfth-Step-Within Day

**Project Goal:** Encourage groups and intergroups to plan a simple activity or event to participate on 12-12.

**Organizing Service Body:** World Service Business Conference Twelfth-Step-Within Committee and various service bodies.

**Resources Needed (budget, volunteers, materials, etc.):** The ideas listed in the attachment are meant to be easy and inexpensive. The materials include handouts that are downloadable from the World Service Website under Twelfth-Step-Within (see attachment).

**Implementation Process (including length of time for planning and implementation):** These simple ideas should be able to be implemented in under 3 months.

**Results:** Strengthening of each others program.

## KEEP IT SIMPLE IDEAS FOR TWELFTH-STEP-WITHIN DAY

Twelfth-Step-Within Day is an annual event established by the World Service Business Conference of Overeaters Anonymous in 2009. Groups and Intergroups around the world are encouraged to plan events to support the still suffering compulsive eater **within** our fellowship. If your group would like to get started with something simple, here are ideas to make it happen.

1. Members agree to make outreach calls on December 12<sup>th</sup>. (12 calls at 12 o'clock).
2. Intergroups publish a list of ideas in December that have been brainstormed at their business meeting to offer support to struggling members.
3. Meetings or Intergroups make copies of the "Recovery Insurance Policy" (<http://www.oa.org/pdfs/recoveryinspolicy2.pdf>). On December 12<sup>th</sup>, encourage members to reach out to each other to make pacts to give each other extra support.
4. Members are encouraged to use December 12<sup>th</sup> as a day of reflection on the strength of their own recovery. They can write down 12 actions that will support their own or others recovery. Sharing their list with another member is encouraged.
5. In December, Intergroups make copies of the *Been Slipping and Sliding? A Reading and Writing Tool* questions. These are available for those who are struggling or want to strengthen their recovery. (<http://www.oa.org/pdfs/been%20slipping%20and%20sliding.pdf>)
6. In December, offer to drive someone to a meeting who hasn't been able to attend.
7. Write an article for December 12<sup>th</sup> to your intergroup newsletter or *Lifeline*. What support and encouragement can you offer to a member who is struggling in program?
8. Offer to babysit in December for a member to attend a meeting.
9. Call 12 members who no longer attend meetings.
10. Plan a reunion with past and present members for December... before "the eating season".
11. Conduct in-home meetings in December for shut-ins.
12. Call a sponsee who is struggling with the physical, emotional, or spiritual part(s) of recovery on December 12<sup>th</sup>. Offer honesty and support.